

## Study Protocol

### Inclusion Criteria:

1. To be between the ages of 18-50,
2. Volunteering to participate in the research,
3. Those who have done aerobic exercise at least three days a week in the last three months

### Exclusion Criteria:

1. Neurological deficits in the upper or lower extremities,
2. Fractures or orthopedic problems in the upper or lower extremities,
3. Cardiovascular diseases that prevent rehabilitation,
4. Systematic rheumatic disease (rheumatoid arthritis, ankylosing spondylitis),
5. History of surgery in the last three months,
6. Patients with spine problems,
7. Smokers,
8. Patients with chronic respiratory problems.

Passed COVID-19 (n=25)

COVID-19 Proof (n=25)

1. Pulmonary Function Test
2. Respiratory Muscle Strength
3. Six Minute Walk Test (6MWT)
4. McGill Core Endurance Test
5. International Physical Activity Questionnaire - Short Form (IPAQ-SF)
6. Quality of Life Scale (SF36)
7. Dyspnea Scale